

# Workshop Playlist on Youtube with Full Video Archive and Clips.

A Youtube playlist including the full workshop archive, as well as clips categorized by theme.

- Workshop 1: How to adjust to your entire relational world being confined to one space -Part 1
- Workshop 2: How to adjust to your entire relational world being confined to one space -Part 2
- Workshop 3: How to live with prolonged uncertainty and anticipatory grief
- Workshop 4: Is there room for pleasure in the midst of crisis? Part 1 and Part 2



https://www.rickhanson.net/resilience-summit/resilience-day-1/

#### **DAY 1:**

Elissa Epel, Ph.D. - Strengthening Your Body Against Stress

## Day 2:

Kristin Neff, Ph.D. – Mindfulness and Self-Compassion

### Day 3:

Nadine Burke Harris, M.D. – Addressing Childhood Adversity

### Day 4:

Peter Levine, Ph.D. – Recovering from Loss and Trauma

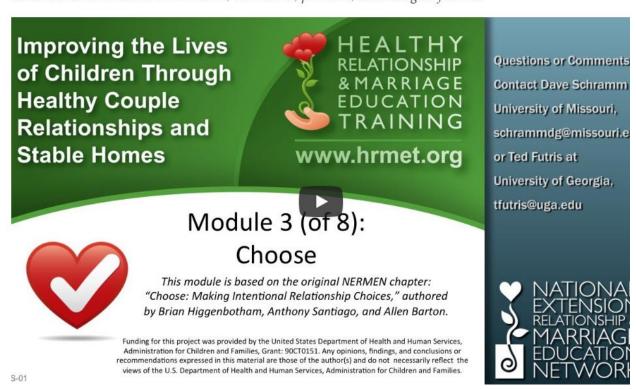
### Day 5:

Shawn Achor, M.A. – Finding Strength in Relationships

https://youtu.be/kqW64BHN7-U



A strong, healthy, long-lasting relationship does not just happen by chance but, instead, through deliberate and conscientious decisions to be committed, intentional, proactive, and strengths-focused.



https://www.fcs.uga.edu/nermen/hrmet-modules-choose